PSY 327 – Abnormal Psychology
Module 4 Outline

I. What Are Mood Disorders?
   A. Types of Mood Disorders
   B. The Prevalence of Mood Disorders

II. Unipolar Mood Disorders
   A. Depressions That Are Not Mood Disorders
   B. Dysthymic Disorder
   C. Major Depressive Disorder

III. Causal Factors in Unipolar Mood Disorders
   A. Biological Causal Factors
   B. Psychosocial Causal Factors

IV. Bipolar Disorders
   A. Distinguished from unipolar disorders by the presence of manic or hypo-manic episodes
   B. Cyclothymia
   C. Bipolar Disorders (I and II)

V. Causal Factors in Bipolar Disorder
   A. Genetic Influences
   B. Neurochemical factors
   C. Abnormalities of hormonal regulatory systems
   D. Neurophysiological and neuroanatomical influences
   E. Sleep and other biological rhythms
   F. Psychosocial Causal Factors

VI. Sociocultural Factors Affecting Unipolar and Bipolar Disorders
   A. Cross Cultural Differences in Depressive
   B. Cross-Cultural Differences in Prevalence
   C. Demographic Differences in the United States

VII. Treatments and Outcomes
   A. Only about 40% of people with mood disorders receive minimally adequate treatment
   B. Pharmacotherapy
   C. Alternative Biological Treatments
   D. Psychotherapy

VIII. Suicide
   A. General Information
   B. The Clinical Picture and the Causal Pattern
   C. Suicidal Ambivalence
   D. Suicide Prevention and Intervention

IX. Clinical Aspects of Eating Disorders
   A. Anorexia Nervosa
   B. Bulimia Nervosa
   C. Other Forms of Eating Disorders
   D. Age of Onset and Gender Differences
E. Prevalence of Eating Disorders
F. Medical Complications of Anorexia Nervosa and Bulimia Nervosa
G. Course and Outcome
H. The long Term Stability of Eating Disorders
I. Association of Eating Disorders with Other Forms of Psychopathology
J. Eating Disorders across Cultures

X. Risk and Causal Factors in Eating Disorders
   A. Biological Factors
   B. Sociocultural Factors
   C. Family Influences
   D. Individual Risk Factors

XI. Treatment of Eating Disorders
   A. Treating Anorexia Nervosa
   B. Treating Bulimia Nervosa
   C. Treating Binge-Eating Disorder

XIII. Obesity
   A. Widespread epidemic

XIV. Risk and Causal Factors in Obesity
   A. Role of Genes
   B. Hormones Involved in Appetite and Weight Regulation
   C. Sociocultural Influences
   D. Family Influences
   E. Stress and “Comfort Food”
   F. Pathways to Obesity
   G. Treatment of Obesity
   H. The Importance of Prevention